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# high life

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# LONDON

# 2012

## THE COUNTDOWN IS ON

Christine Ohuruogu gets into her stride.  
Plus: Sebastian Coe, David Arnold,  
Rachel Whiteread and Michael Morpurgo



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## Reviews

### DIOR INSTITUT, ES SAADI MARRAKECH

The Es Saadi hotel opened back in 1952 when French millionaires hopped over to its fêted Casino de Marrakech to play poker followed by a dip in its heated pool when they rolled off the tables at 7am. These days the resort has two excellent spas. One offers the traditional hammam: a shockingly reviving experience involving intense steaming and scrubbing with black Moroccan mountain soap, further scrubbing with loofahs, dousing in hot and then icy water, more tough massage, and yet more scrubbing. This is the cleanest you will ever feel – and possibly the most euphoric. Inside The Palace is the new spa set over five floors and designed around its an enormous, ancient eucalyptus tree. [essaadi.com](http://essaadi.com)

### MALO SPA, CORINTHIA HOTEL LISBON

The biggest spa in Europe (all 3,000sq m of it) takes over the second floor of the Corinthia Hotel. While the scientific know-how of some medispas might seem dubious, the Malo Spa has a solid medical base, founded by renowned surgeon Paulo Malo. There are 14 state-of-the-art treatment rooms offering bespoke treatments from chromatherapy (using colour) to body-purifying massage, and hydrotherapy galore. [corinthia.com](http://corinthia.com). Win a two-night stay including dinner and entry to the *Acqua Sensations* part of the spa. Visit [bahighlife.com](http://bahighlife.com).



### EGNATHIA SPA, BORGO EGNAZIA PUGLIA

If proof's needed that Puglia is Europe's next big thing, then the Borgo Egnazia hotel is it. Already attracting a glamorous crowd following its £130m opening last year, the stunning spa cements its wow factor. Mixing pristine modern design and authenticity, the Egnathia Spa is centred around a modern Roman bathhouse. Stepping into the cool enclaves (hewn out of the region's creamy tufa stone) feels like entering a monastery. Borgo Egnazia may be situated on Italy's heel, but it certainly kicks the others into touch. [borgoegnazia.com](http://borgoegnazia.com)



### CHUAN SPA, LANGHAM HOTEL LONDON

Traditional Chinese medicine, balance and harmony are at the heart of the Langham Hotel's new Chuan Spa. The thinking is guided by the pillars of Chinese medicine and determines whether you need to be rejuvenated or de-stressed. The signature massage begins with a salt sauna followed by a soak in the vitality pool. Throughout the massage, a breathing ritual is used that focuses on the body's pressure points and is deeply relaxing. Other treatments include acupuncture and Ho Guan (the ancient art of cupping). [chuanspa.com](http://chuanspa.com)



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